RNA FOR A BETTER LIFE IN THE HEIGHTS

RIVERVIEW Neighborhood Association

JUNE 1988 232 Ogden Avenue — Jersey City, N.J. 07307 — (201) 798-0493

RNA IS NOT AFFILIATED WITH ANY POLITICAL PARTY, ORGANIZATION OR ELECTED OFFICIAL.

MEETING MINUTES

The general meeting of the Riverview Neighborhood Assn. for the month of May was rather tame in comparison to some past meetings. There were no guest speakers, but there was plenty to be said. In the absence of the chairman, who was attending a meeting at city hall, and the vice-chairman who was taking care of some personal business, it was left to the secretary Maria Tuzzo to start the meeting. Ms Tuzzo was ably assisted by Randy Sanford, who gave a lenghtly report from the Planning and Development Committee. The report concerned the recent demolition of a land mark building in our area(346 Ogden) and the developers plans for this property now that it is a vacant lot. The owner is planning to construct four two-family units with ample parking.

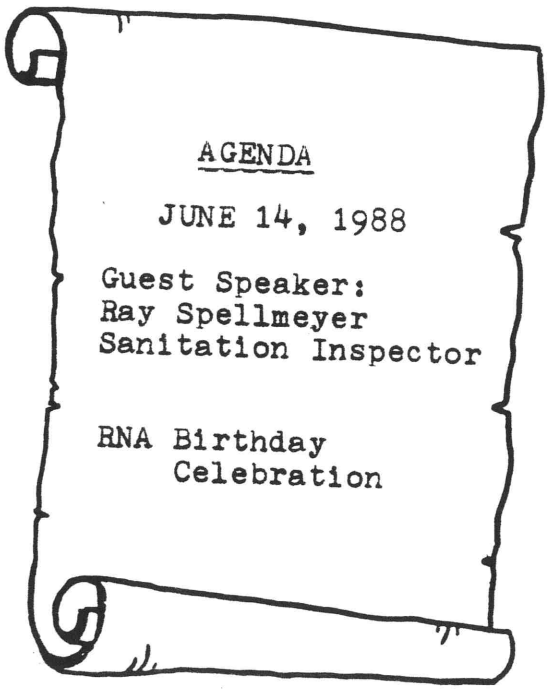
Next was a report by Anne Hart about the June clean-up weekend. (The clean-up will have taken place by the time your read this) Anne has secured three dumpsters for the June 4th & 5th project. Carin Lewis. Flea-market chairwoman, was next up with her report about the items needed for sale, and how to obtain a table if you wish to sell your unwanted but usable "treasures". Applications must be filled out and sent to the RNA along with your payment.

These reports finished just as the chairman, Vito Brunetti, arrived from his meeting at city hall. Mr Brunetti took over and proceeded to report on the results of the budget directors meeting. He also informed the members about meetings, both past and to come, that were being held concerning the new tax assessments. Other topics of discussion were the Loew's, contributions to our newsletter and proposed concerts for all of the city's parks this summer. The membership adjourned to enjoy refreshments provided by Gert Bogdan, Rose Scalzo, Ruth Conrad and Marie Tuzzo. Please join us next month for the regular meeting. We guarantee the evening will be informative as well as fun. The June meeting will take place on Tuesday, June 14th at 7:30 p.m. in the second floor solarium of the Harborview Health Care Center.

Secretary

Maria E. Tuzzo

(PS Loretta Guardino, winner of the 50/50 drawing, was kind enough to donate her winners share to the RNA treasury. Three cheers and many thanks Loretta.)



Under the Chair

OPINION: It's about time! Two things recently occurred that will hopefully change the future of Jersey City for the better.

The first was that the State has started the legal procedure to formally takeover the Jersey City school system. The second was that the acting Police Director has unveiled an entire reorganization of the Jersey City Police Department. Whatever one may think of the correctness of these drastic actions, the bottom line is that they are urgently needed. And as with all change, there are the cries of protest. But the point is that the J.C. school system is an outrage and embarrassment to all residents...a crime to every school-age child who is the ultimate victim.

The same goes for our Police Department, that has been unable to hold the line against the rapidly rising crime problems of drugs, deliquency and dumping along with the usual urban lawlessness. The biggest local complaint has been the lack of a rapid response to crimes. Every J.C. resident has either been a victim of a crime or lives in fear of something happening to them - this is no way to live a life.

Yes, there are decent, hardworking individuals in both the school system and the police department. RNA recognizes Principal Trefurt of P.S. 8 as an able administrator and Captain Galvin of the North District as a competent officer. But the problem is with antiquated bureacracies that are bankrupt and unable to fulfill their responsibilities to the citizens for whom they were created to serve.

We, as Jersey City residents, must realize that we are living in a rapidly changing urban center and therefore we, as citizens, must demand a municipal government that is able to provide the services necessary to upgrade, protect and maintain the quality of our lives.

Improving the quality of life is what RNA is all about. Whether our egforts are directed to neighborhood problems or city-wide issues - we are looking to make our lives happier, healthier and safer.

In that regard, some updates:

The J.C. Parks Committee is continuing its work to implement a summer program in nine neighborhood parks throughout the City: the hiring of nine park attendents to supervise and coordinate the activities in these parks, the scheduling of a 36-concert performance program (four in each park), and the pressuring to get better police patrols and a more thorough maintenance program by the DPW.

The Ad-hoc Committee for the Friends of Riverview Park has sent a letter to the DPW requesting the program of maintanence and renovation published in last month's newsletter.

The Citizens' Committee for the Future of the Reserviors is continuing to gather information for its research and to organize the community in its goal to present the City with a viable plan for the reservior land. (Another piece of information: on April 28th, the City Council adopted an ordinance (#C-734) authorizing the Water Dept. to issue bonds amounting to two (2) million dollars for "the construction and installation of a new five million gallon or equivalent water storage tank at the site of City Reservior #2.....")

The Heights Chapter of the J.C. Coalition for Fair Taxation had its second meeting on May 15th at St. Anne's Church on Kennedy Blvd. An audience of over 300 people came out and supported the efforts of the Coalition. On June 11th, the Coalition is organizing a large march and rally at City Hall (see page 14 for the announcement.)

RNA supports the efforts of the Interfaith Community Organization in its demands to rid our community of

drugs and to improve the county parks. On May 16th, the ICO had a large public rally at St. Peter's College. The ICO is a union of 35 churches from Jersey City, Hoboken, North Bergen and Union City, representing Roman Catholics, Lutherans Episcopalians, Presbyterians, Baptists and Methodists. There are approximately 30,000 families involved in this organization. RNA will try to arrange to have an ICO spokesperson as a guest speaker at one of our future meetings.

The RNA Flea Market is being organized for Saturday June 11th. We hope everyone will come to Riverview Park to browse through the sales. But more important is the chance for our neighborhood to be together and enjoy the Park. We are going to have an old fashioned hot-dog cart, music and possibly an open house at Solo Studios across the street. All are welcome!

(Great idea: why not start your June 11th with the Coalition march and rally at City Hall in the morning and spend the rest of the day in Riverview Park at the RNA Flea Market....sounds good to me, hope to see you there!)

This is our last newsletter till September (our staff takes a much needed rest). RNA will still have its monthly meetings on July 12, August 9 and september 13. If there are any problems, if you have any questions, please call Vito Brunetti at 798-0493, Bob Lewis at 420-1490 or Maria Tuzzo at 659-2245.

RNA will soon send out the schedule for the summer performance concerts for Riverview Park and the other City Parks. Try and come out and enjoy the music .

Last word: It is our neighborhood and our park - take care of it like it really belonged to you - don't litter, don't drink, don't do drugs, don't vandalize or destroy property. TAKE CARE OF YOUR PROPERTY AND RESPECT YOUR NEIGHBORS. HAVE A GOOD AND HEALTHY SUMMER. SEE YOU IN THE FALL.

Summer Days and Solutions

With summer soon to make it's arrival there's no doubt we will have to do something to combat those hot and humid days that will undoubtedly burden us once more. So, what does one do to make life just a bit more pleasant? I knew you'd ask that's why I'm coming to the rescue with my summer solutions.

-Wear comfortable and loose clothing, preferably in pastels or neutral colors, no bright reds, fushias or glaring yellows that will make people run for shelter when they see you.

-Drink cool juices or ice tea or if these are just not working I find that having a steady case of Vodka at hand not only makes you forget the heat but everything else you learned from your crawling days.

-Eat plenty of fruits and vegetables instead of entering your hell's kitchen or order out from the chinese restaurant around the corner.

-Keep your blinds closed, why burden those people that live across the street with the sight of your scantily dressed ugly body?

-Put on some music you won't want to dance or sweat to - good time to play that lite station with the static in the background.

-Take a long cold bath and wash your face in ice water a la Joan Crawford.

-Plan a picnic and escape to the country or visit your local park and sit under a tree no dog has yet to find.

-Avoid the noon hour you'll only find fierce little old ladies who take Geritol hanging out in the pharmacy in leather and studs.

-Don't run or exercise vigorously - this may very well be your last sweat.

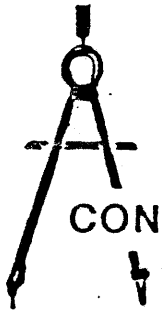
-Take advantage of these days to visit museums and visit friends who have air conditioners.

-Wear "shades" (sunglasses), the idea of feeling cool may make you forget those dense summer rays.

-Use deodorant, It'll not only make you smell better but will lessen the possibility of causing cardic arrest to your fellow subway commuters.

I hope these will help you to have a happy and less humid summer.

- A. Soto



CONRAD'S CORNER

According to a recent New Jersey Transit report, it's interesting to note that ridership on trains has increased slightly but the number of bus passengers was down drastically. Because of poor service everyone has been forced to buy a car in order to get to work or go shopping. With so many cars and no place to park, the streets are almost empty at night, except for the few able to park in a garage or parking space. All of which would seem to indicate that we have reached the saturation point of cars and density of building Hudson County can support without a mass transit system.

Urban planners and the Regional Plan of the '50s advocated low-density zoning with lots of open space so that cars and busses could move about freely. Since that time, however, all the local planning boards or boards of adjustment of Hudson County municipalities have been granting variances on zoning so that over-development is now choking off with gridlock whole areas of what was once an easy matter of quickly driving around town.

With all this congestion the planning board of Union City, once called the most densely populated town in the United States, is ready to O.K. two 20-story highrises in crowded residential zones of the city. Apparently oblivious of the fact that 1,000 more affluent residents will go right out and buy 1,000 more cars after they find out how poor and overcrowded our bus service is during the rush hour and almost non-existent during the day or night.

Do the planning boards and members of the boards of adjustment drive around and see what's going on or are they just obeying orders from their mayors to get as many ratables as possible to bail out their cities? All the new construction on these projects will not be for what most residents think will be affordable housing. All the open space available like the Monastery grounds eligible for Green Acres funding will not even be applied for by the present Union City mayor, there is even talk of building over the Lincoln Tunnel cut through Union City which still provides a little bit of greenery along the highway.

With all this mad rush to build more condominiums we may wind up with too many of a good thing with a glut on the market. All of which may leave us with more affordable houses than we may be able to rent later on when people start moving away from the Metropolitan area.

New satellite cities along the highways could easily syphon off our excess population if our transportation systems blog down as Frank Lloyd Wright envisioned in his 1940 Bodacre City of the Future he designed for the automobile age.

Highrise buildings should only be permitted around a half mile of the PATH railroad stations as the rest of the country should be scaled down to one or two family homes to reduce congestion and allow for a free movement of cars and busses.

PRESIDENTIAL TRIVIA

1. What Texas born President spent his early years in Abilene, Kansas?
2. What President fathered a record 14 children with two wives?
3. What President caught pneumonia at his inauguration and served only 31 days?
4. What President was Bert to his buddies?
5. What pioneering President planned and launched the Lewis and Clark expedition?

(Answers on page 11)

EDITORIAL: SAVE THE PALISADES

(The following article was written by Assemblyman David C. Kronick, North Bergen, New Jersey. It was published in the Jersey Journal on May 13, 1988.)

Recently there has been more than the usual volume of articles pertaining to the Department of Environmental Protection ruling regarding building heights on piers and waterfront development in general.
It is absolutely ludicrous to try to state the issue in terms of a fleeting view of New York vs. economic growth. Hudson County residents, government leaders and developers alike must make some hard choices. This issue, as well as other issues that pertain to Gold Coast development, really come back to our values as a society and the importance of the quality of life to area residents.
What is the price of beauty? Open space? The magnificent Palisades and beautiful views of the Hudson River and New York skyline? To Hudson County residents the Palisades, Hudson River and New York skyline are our equivalent to the Black Hills, Niagara Falls and the Grand Canyon.
There is little doubt but that the Palisades and skyline are one of the wonders of New Jersey, and probably the country. In Hudson County there are no rolling hills, and no mountains, unless you consider the garb age landfills. There are no pristine lakes or rivers as we find in most other counties of the state, nor do we have what the state DEP calls Greenways. What we have is a popula tion density of more than 10,000 people per square mile.
There is a clear need, I believe, for local government to put a high priority on the preservation of openspace protection of one od New Jersey's natural wonders, the Palisades. To see that area residents share these same sentiments, just attend a local planning or adjustment board meeting.
The need to support the creation of a network of Greenways is especially critical in our urban areas. Not only do I feel this way, but the President Commission on the American Outdoors and the Governor's Council on New Jersey Outdoors strongly support this position.
Development is needed in our area - no question about that. It is just a matter of where, how much and what kind. There is plenty of work for our labor unions to perform along the Gold Coast. The Hudson River needs to be cleaned up, old roads improved, new roads constructed, a light rail system running north, south, and west constructed, more recreational areas, marina, riverfront restaurants, entertainment centers, commercial space and townhouse communites developed.
More highrise, high density, residential buildings pose an array of problems. We are already experiencing traffic jams. rush hour gridlock and inadequate parking, and we can ill afford more development that will only exacerbate the problems.
Carbon monoxide levels are already higher than acceptable levels. Cancer and pulmonary ailments in Hudson County are considered to be among the highest in the state.
What do we as a society want to leave future generations?
Do we want our children to say we sold them out? That dollars dictated the direction of development not sane, moral and aesthetic values?
I am the eternal optimist; therefore, I opt that we in our combined wisdom will see the light.

Attentinn:

As you know from past years the newsletter is not published in July and August. The RNA meetings however are held in these summer months. So jot down the dates of the July and August meeting so that you won't miss what is happening in your neighborhood. The July meeting will be held Tuesday, July 12th and the August meeting will be held August 9th. Have a great summer and we look forward to September when we will resume publication of our newsletter.

AIDS UPDATE

A Jersey Journal article on April 12 began "Grim new statistics on Jersey City AIDS victims were released to the City Council yesterday." The news is not good. Aids continues to spread rapidly in our town and predictions are that in 3 years, one of every ten people in Jersey City will be infected with HIV, the virus thought to cause AIDS, or Acquired Immune Deficiency Syndrome.

Since AIDS is spreading so fast, it might be a good idea for everyone to review their information about this disease which weakens and then destroys peoples' immune systems. AIDS is caused by a virus which is transmittable only through blood and sexual bodily fluids. Out of approximately 60,000 cases of AIDS in the United States, every case can be traced to these bodily fluids and not others. AIDS is transmitted by certain behaviors: sharing paraphernalia used to shoot drugs (syringes, needles, cookers, cottons and water glasses), and unprotected sexual intercourse. In the past, people became infected with this virus through blood transfusions, however, since 1985 all blood in our system has been screened by a test and all infected blood has been removed from the blood banks. There have also been many cases of perinatal transmission, that is, mother infecting her unborn fetus during pregnancy when mother shares her blood with her child. There are also a few cases (5 in the world that we know of) of mothers or wet nurses infecting infants through breast milk. Adults could not be infected in this way, because there are very few viruses in breast milk, however babies have no immune system when they're born and are much more vulnerable.

The AIDS virus has been in the United States in large numbers since about 1978. Before then, there was hardly any evidence of it. Those people who shared needles, had blood transfusions prior to 1985, or had unprotected sexual intercourse with multiple partners are at risk for AIDS.

AIDS is not a disease of certain groups of people, like gay men or drug addicts. The AIDS virus doesn't know who you are. It will infect anyone who places him or herself at risk by engaging in high risk behaviors. The New York City Department of Health has declared that regular heterosexual sex is a high risk activity for AIDS. This means that people who are sexually active with multiple partners are at risk.

We can protect ourselves in the following ways: 1 - Do not shoot drugs. If you do and you are unable to get treatment, or unable to stop, clean needles with alcohol, bleach or by boiling them. Clean all the drug shooting paraphernalia as well. After you clean the works, don't share then with anyone, ever! Drug addiction is a disease. People can be helped to stop by entering a drug treatment program; 2 - Either abstain from penetrative sexual activity or use condoms to prevent infected sexual fluids from entering your body. It is each person's responsibility to protect him/herself from the virus. Don't rely on your partner's word. MOST PEOPLE WHO CARRY THE VIRUS HAVE NO IDEA THEY HAVE IT.

When people become infected with the virus, the virus often incubates or lies dormant. During this time there are no signs and symptoms of infection. As far as studies are able to determine, people may remain in this infected, asymptomatic stage for up to 16 years. Certain things may "wake up" or activate the dormant virus. They are to be avoided by people who suspect or know that they are infected. They are: 1 - getting more AIDS virus; 2 - using the following immunosuppressive drugs; alcohol, cocaine, crack, amphetamines, amylnitrates and butylnitrates, called "snappers" or "poppers", marijuana; 3 - pregnancy; 4 - certain infections, like syphillis, Cytomegalovirus, Epstein Barr virus, Tuberculosis, Herpes, etc; 5 - profound and long-term stress, like severe depression or mourning. These "wake-up calls" will also help to

make the illness progress faster in people who are already symptomatic. Of course, we can all stand to take better care of ourselves by eating well, resting, reducing our stress through exercise, meditation, massage, a bubble bath, walking, dancing, laughing etc. Studies show a link between our immune systems and our emotional states. People with AIDS who have a good, hopeful attitude and take care of themselves will live longer than those who give up, retreat, isolate themselves and become depressed.

At this time, experts do not think we will have a cure for AIDS. This is because we have never had a cure for any virus-caused illness. We have treatments and vaccines, in some cases, but no cure for the common cold, the flu, polio, hepatitis B, Herpes, etc. Scientists are still trying to find a cure. We hope for a vaccine, but vaccines generally take about 10 years to produce and early efforts with AIDS have not yet been successful. Once people develop full-blown AIDS, they die. This illness is 100% fatal. There are lesser stages of the disease, often referred to as AIDS-related complex, which do not necessarily result in death, however, the immune system is permanently damaged and these people are chronically ill the rest of their lives.

The moment someone becomes infected with the VIRUS, they can pass it on and infect others, whether they become sick themselves or not. They will remain able to infect others for the rest of their lives, through the behaviors previously mentioned.

Remember, you can't get this virus passively. It is not transmitted through the air, through saliva, sweat, tears, touching, eating good, sitting on toilets, sharing rooms, etc. It is transmitted through sex and needle sharing. AIDS is 100% preventable. Let's each take responsibility for ourselves and protect ourselves and our loved ones from this dread disease. Further information is available from the New Jersey State Department of Health Northern Regional Office 201-266-1910 Monday thru Friday, from 8:30 to 4:30; the New Jersey AIDS Helpline 201-596-0767 Monday thru Friday 7 p.m. to 11 p.m.

Edith Springer

HELP YOURSELF TO BETTER HEALTH

You can help yourself to better health by taking advantage of the "Tel-Med" program offered by Christ Hospital.

"Tel-Med" is a collection of over three hundred (300) health information tapes prepared by professionals, to help you and your family. The tapes run from one (1) to five (5) minutes and are easy to understand.

To utilize this service call 963-5500 between 10 a.m. and 6 p.m. Monday - Friday, give the operator the number of the tape you want to hear, then listen carefully to the prepared text. It's as easy as that, and the service is free, so you may call as often as you like.

"Tel-Med" is a community service and is operated by hospital volunteers (see other article in this newsletter) The enclosed brochure should be carefully removed from the newsletter and kept in a handy place, to use when needed.

Be a good neighbor and friend, tell others about this service.

Gert Bogdan
"Tel Med" volunteer

Please note:

The following titles should be added to your copy of the brochure.

Aids...# 571
Alzheimer's Disease...# 724
Bell's Palsy...# 1171
Ostomy...# 632

KEEP OUR STREETS CLEAN:

THE SANITATION LAWS OF JERSEY CITY

At our next meeting on June 14th, our guest speaker will be Ray Spellmeyer. Mr Spellmeyer is the DPW's Sanitation inspector for our neighborhood. He can be reached at his office in the DPW, Div. of Sanitation, 575 Route 440, J.C. 07305 or by telephone: 547-6968 to handle all complaints and questions.

RNA has decided to publish the laws that govern sanitation so that all our residents are made aware of them. RNA will also begin to actively enforce these laws against any individual that refuses to help clean up our neighborhood.

The following are excerpts from the sanitation ordinance (#S-93) that was adopted "to improve the environment of Jersey City by establishing a sanitary and satisfactory method for the storage, collection and disposal of solid waste."

Sec. 22-3: Storage of refuse: Prohibition.

a) No person may place refuse on any street, sidewalk, park or other public place except in City litter receptacles or in plastic bags or refuse containers for the collection in accordance with the provisions of this ordinance.

d) It shall be the duty of owners of real property to prevent the accumulation of refuse upon the sidewalks adjacent to their property.

e) No person may place household refuse, construction or demolition refuse or street dirt in to City litter receptacles.

f) It shall be the duty of owners of vacant real property to maintain such property free of refuse, brush, weeds, tree stumps and other noxious plants.

g) No owner of real property may permit the growth of brush, weeds or other noxious plants to a height of six (6) inches or more upon or within his property or upon the sidewalk adjacent to his property.

Sec. 22-7: Pre-Collection Practice.

c) Tree trimmimgs, hedge clippings, lumber and similar material shall be cut to lengths not to exceed four (4) feet each and securely tied in bundles not more than two (2) feet thick.

d) Objects which because of their size or shape do not fit into refuse containers or whose weight exceeds sixty (60) pounds shall be placed out for collection only at such places and at times designated by appointment made with the J.C. Incinerator Authority. Doors hall be removed from stoves, ovens, refrigerators and other items which have locking doors.

e) Boxes, cartons, and crates shall be collapsed and securely tied in bundles not to exceed two feet in length, height and width and kept separate from other refuse.

f) Fluorescent and mercury lamps shall be securely and completely wrapped in cardboard or heavy wrapping paper. The words "fluorescent lamp" shall be written on the outer wrapping in large, clear letters.

Sec. 22-8: Duty to provide refuse receptacles; approved containers and plastic bags.

a) There shall be provided for each premises disposable plastic bags or refuse containers sufficient in size and number to hold the refuse accumulating between collections.

b) Plastic bags shall be waterproof and capable of holding their contents without leakage, spillage or tearing. Plastic bags containing refuse shall be kept securely sealed or tied so as to prevent leakage or spillage.

c) Refuse containers shall not be smaller than ten (10) gallons nor larger than thirty-two (32) gallons and shall be constructed of material capable of holding refuse without leakage or spillage. Refuse containers shall be provided with handles so as to be suitable for collection by one person.

d) Refuse containers which do not conform to this ordinance, or which have ragged or sharp edges or any defect likely to injure or hamper the person collecting their contents, shall be immediately replaced upon

notice to the owner, tenant or occupant of the premises by any member of the Div. of Sanitation. The Division and the Incinerator Authority may refuse collection of any container or plastic bag which weighs more than sixty (60) pounds or which has not been replaced upon notice.

e) Refuse containers containing refuse shall be kept tightly closed between collections.

f) No person may use a refuse receptacle, dumpster or demolition container for refuse, storage or collection without the consent of the owner thereof.

g) Refuse containers shall not be filled higher than four(4) inches from the top edge.

h) Refuse receptacles shall be stored only in areas designated for storage between collections. They shall be placed adjacent to the curb in front of the premises or other area designated for collection no earlier than 9:00 PM on the day before collection; shall be promptly returned to the storage area upon collection. Refuse receptacles shall not be stored in front of buildings or houses between collections.

Sec. 22-9: Accumulation of refuse and swill.

a) No person may permit the accumulation of more than ninety-six (96) hours of refuse.

Sec. 22-10: Duties of owners, tenants and their agents.

a) Owners, agents of owners, managing agents and superintendents shall each have the duties imposed by this ordinance. No person shall be relieved from any duty herein by reason of the fact that an occupant or other person shall have the same or similar duties or shall have failed to report a violation; nor shall any person be relieved of liability by the terms of any lease or agreement.

b) Refuse shall not be thrown out of windows or down dumbwaiters; nor shall refuse be placed on stairways or fire escapes or in common hallways.

c) An occupant shall be liable for violations of this ordinance to the extent that he/she has the power to prevent a violation or assist in abating a violation.

Sec. 22-11: Disposal of hazardous refuse.

a) Hazardous refuse shall not be placed in receptacles for regular collection but shall be disposed of in accordance with laws and regulation of the State of New Jersey at the expense of the owner or possessor thereof.

b) Dead animals and clothing, bedding and other refuse from homes or other places where infectious or contagious disease have prevailed, shall be removed under the supervision and direction of the City Health Officer. Such refuse shall not be placed in containers for regular collection.

c) Ammunition, military ordnance, firearms, and dangerous weaponry shall not be placed our for collection. Such items shall be referred to the Director of Police for direction as to disposal.

Sec. 22-13: Penalties.

Any person found guilty of violating any of the provisions of this ordinance shall be liable to a fine not to exceed five hundred (500) dollars or imprisonment for a period not to exceed ninety (90) days or both. Each day a violation is committed or permitted to continue shall constitute a separate violation and be punishable as such.

Sec. 22-14: Dumping prohibited.

a) No person shall dump or deposit any refuse, rubbish or other material mentioned in this chapter on any land in this City except upon a duly licensed dump.

b) Any person found guilty of this section shall be liable to a fine not to exceed five hundred (500) dollars or imprisonment for a period not to exceed ninety (90) days or both. Each load of such prohibited material so illegally dumped or deposited by a person shall constitute a separate and distinct offense and be punishable as such.

Sec. 22-15: Removal of material dumped illegally.

a) Any person who shall violate the above Section 22-14, shall forth with remove all of the material which said person has illegally dumped. Any such person found guilty of failing to remove said material illegally dumped shall be liable to a fine not to exceed five hundred (500) dollars or imprisonment for a period not to exceed ninety (90) days or both.

Sec. 22-17: Burning of refuse, rubbish, and other materials prohibited.

It shall be unlawful to set fire to or burn any refuse, rubbish, or other material mentioned in this Chapter on any land in this City.

Sec. 22-19: Refuse; sweeping litter into gutter.

No person shall sweep into or deposit in any gutter, street or other public place the accumulation of litter from any building or lot or from any public or private sidewalk or driveway. Persons owning or occupying property shall keep the sidewalk in front of their premises free of litter.

Sec. 22-20: Merchants duty to keep sidewalks free of litter.

No person owning or occupying a place of business shall sweep into or deposit in any gutter, street, or other public place the accumulation of litter from any building or lot or from any public or private sidewalk or driveway. Persons owning or occupying places of businesses shall keep the sidewalk in front of their businesses free of litter.

Sec. 22-21: Litter from vehicles.

No person, while a driver or passenger in a vehicle, shall throw or deposit litter upon any street or other public place.

Sec. 22-21.1: Littering prohibited; litter receptacles to be used.

No person shall throw or deposit litter in or upon any street, sidewalk or other public place, except in public litter receptacles.

Sec. 22-21.2: Use of litter receptacles.

Persons placing litter in public litter receptacles or in authorized private litter receptacles shall do so in such a manner as to prevent it from being carried or deposited by the elements upon any street, sidewalk or other public place.

Sec. 22-21.4: Littering in parks; litter receptacles to be used.

No person shall throw or deposit litter in any park, except in public litter receptacles and in such a manner that the litter shall be prevented from being carried or deposited by the elements upon any part of the park or upon any street or other public place. Where public litter receptacles are not provided, all such litter shall be carried away from the park by the person responsible for its presence and properly disposed of elsewhere.

Sec.22-21.6: Handbills.

No person shall throw or deposit any commercial or noncommercial handbill in or upon any sidewalk, street or other public place.

Sec. 22-22: Duties of building owners and lessees.

a) Every owner, tenant, lessee occupant or person in charge of any building shall provide within and for the exclusive use of such building or part thereof sufficient and suitable receptacles for holding, without leakage, all ashes, garbage, refuse and liquid waste substances that may accumulate between garbage collection in and through the use ofo buildings or part thereof.

b) Every owner, tenant, lessee, occupant or person in charge of any building shall cause to be put into their respective receptacle all waste materials and substances.

c) The receptacles shall be kept within the building or in the rear of the premises until the time for the removal of the substances, when the receptacles shall be placed on the sidewalk close to the curb.

All receptacles shall remain so placed until the contents thereof shall have been removed by the designated agency, immediately after which the reusable receptacles shall be returned to the building or to the rear of the premises where the reusable receptacles shall be kept, at all times, covered with a tight fitting cover.

e) No receptacle or refuse of rubbish shall be placed as to constitute or contribute to the creation of a nuisance.

Sec. 22-22.3: Persons authorized to enforce this Chapter 22.

The Director of the Dept. of Police, all directors of each department of the City, members of the Sanitation Division and the Div. of Health, the Mayor, all members of the Mayor's staff, all councilpersons, all aides to said councilpersons, and all members of the Blitzsweep Steering Committee who are City employees, be, and they are hereby authorized to enforce the provisions of this Chapter 22 and to issue summonses for any violations therefor and to prosecute said violations.

JEFF NEUGEBAUER
New Sculptures

JERSEY CITY PUBLIC LIBRARY

5 Corners Branch

678 Newark Avenue

Jersey City, NJ 07306

June 4 to June 24

Monday: 12:00 Noon to 8:00 p.m.

Tuesday-Friday: 9:00 a.m. to 6:00 p.m.

Saturday: 9:00 a.m. to 5:00 p.m.

For More Information Call:

(201) 547-4544

Even with the gusting wind blowing us in all directions, many of our neighbors showed up last month to see and cheer on the runners that took part in the 26 Mile Run from Jersey City to Hoboken.

Those of us that were there saw young and old, fat and thin, stride pass us as we lined the streets and sidewalks of Central Avenue. We wanted to be there to encourage those individuals who trained so hard for this event. As many runners strudded by us we shouted "Go get 'em!" and "You can do it!" It's often these simple comments that can further encourage a runner to keep on going and run that extra mile.

Many of the onlookers don't just bring encouraging words with them but they also bring orange juice. These cups of orange juice help to "fuel up" the thirsty and tired runners. Children especially like extending their cups and having runners grab them as they go by.

Events like marathons are also give us time to relax and unwind and get to know some of our neighbors. One such neighbor that was witty as well as informative was John Peirsa. Mr. Peirsa, an experienced runner, explained how a runner's body undergoes tremendous strain and how sometimes it becomes difficult to gain control of one's bodily functions as one races towards that finish line, yet, as any well trained runner knows, you've gotta keep going.

So, you see, you learn a lot at these events. The most important thing however is that whether you're a runner or an onlooker you should just enjoy yourself and have fun.

A. Soto

Trivia Answers

1. Dwight D. Eisenhower
2. John Tyler
3. William Henry Harrison
4. Herbert Hoover
5. Thomas Jefferson

TRADITIONS

June, the popular month for weddings. The blushing bride dressed in white. But when did this "white dress in June" tradition start? The typical wedding of today takes place on a Saturday, in the late morning or early afternoon, and is celebrated with a reception at a restaurant or hotel. The bride, whose age is between twenty-five and twenty-seven, has most likely been engaged for two years, and may even have been sharing living quarters with the groom before the ceremony. The wedding party is small, two or three attendants. Usually these attendants are relatives or friends of the couple and can be married or single of various ages. The honeymoon will most likely be spent in Hawaii or on one of the tropical islands.

Compare the modern-day bride to the typical bride of the eighteen-hundreds. The average bride of eighteen-ninety was twenty-two years old, had been engaged for a year before the ceremony, and was lucky of she saw her young man two times a week. While white was an early 19th century tradition the bride of eighteen-ninety could choose to be married in a color. Especially if she married at the popular afternoon wedding. This gown was considered practical because the bride could wear it as her going away dress and for future social events. The wedding party was large with as many as eight bridesmaids and up to four flower girls. These attendants were by design single and younger than the bride, as they represented the world the bride was leaving. The wedding reception would most likely be held at the home of the bride and both family and friends decorated the house for the occasion. Saturday, by the way, was considered unlucky for weddings. The bride throwing her bouquet signaled the close of the reception, and the happy couple would depart to a local resort for the honemoon. Niagara Falls was a favorite local of the era.

While many similarities can be found between todays bride and the bride of the eighteen-nineties there is one thing that has definitely changed. The cost! The average couple today spends between eight and ten thousand dollars for their wedding, where as the victorian bride spent about one hundred dollars. This is certainly understandable since everything was less expensive back then. Why even a diamond ring could be mail-ordered for only ten dollars!!!

PrOGRAMS Support Groups

As a volunteer at Christ Hospital (almost nine years), I have noticed the many programs they offer for "Senior Citizens", "Community Health Education" and "Support Groups" If anyone is ineterested, here is a list of their programs:

Heartsaver	C. P. P.
Basic First Aid	Smoking Cessation
Hypertension	Senior Fitness
Weight Control	Diabetes Education
Ostomy Care	Diabetes Exercise
Common Drug Use	How's Your Hearing

Nutrition in Later years
Senior Stress Awareness & Management
Cooking for One or Two
They're Your Only Eyes
Self Breast Examination
Living With Cronic Lung Disease
Home Glucose Monitoring

Support Groups

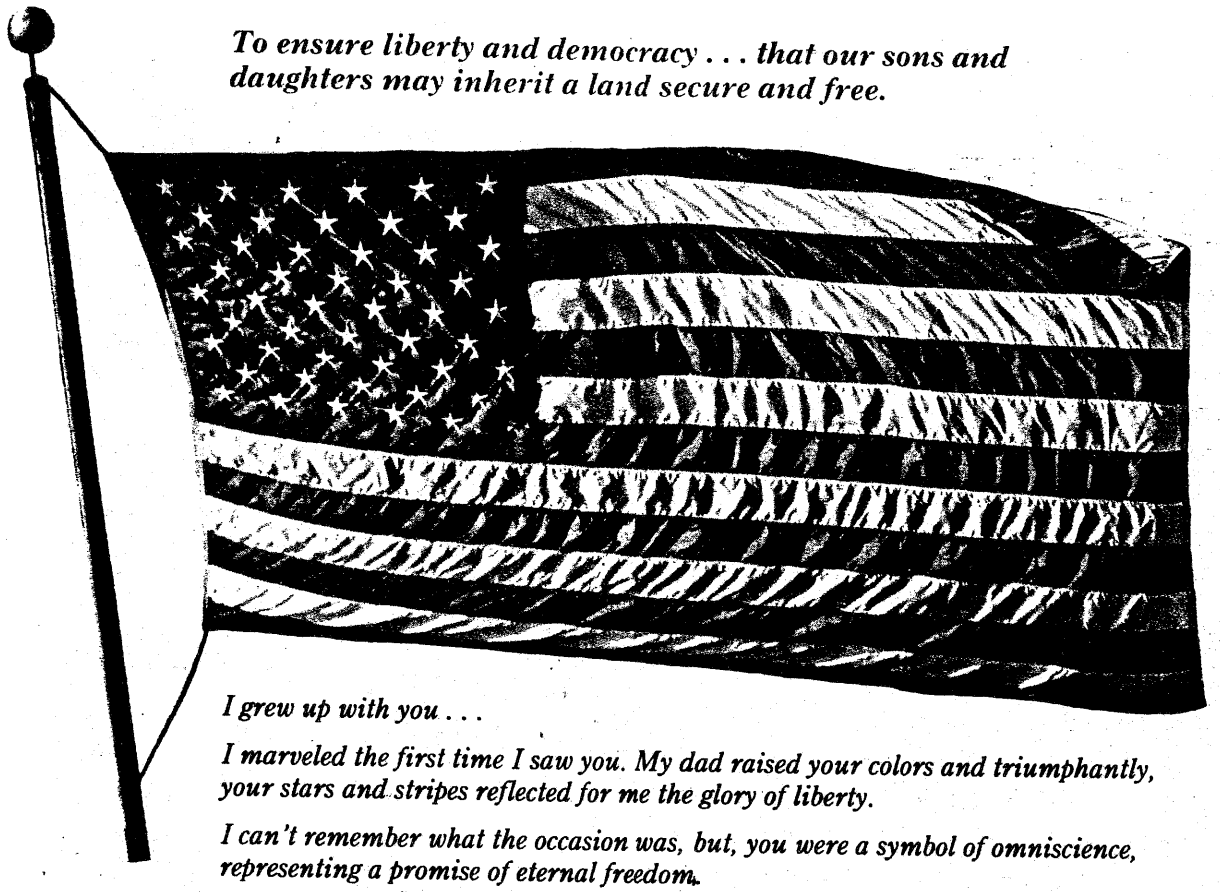
Al-Anon	Alcoholic Anonymous
Alzheimer's	Coping with Grief
Arthritis	Cancer Adjustment
Ostomy	Women's Support Group

Adults with Cronic Lung Disease
Christ Hospital Diabetes Association
Weight Control Maintenance Group
Psychoeducational Group

Further information on above programs may be had by calling 795-8030 The Center of Health Awareness.

Marie Ipsaro

To ensure liberty and democracy . . . that our sons and daughters may inherit a land secure and free.



I grew up with you . . .

I marveled the first time I saw you. My dad raised your colors and triumphantly, your stars and stripes reflected for me the glory of liberty.

I can't remember what the occasion was, but, you were a symbol of omniscience, representing a promise of eternal freedom.

I have always honored and respected you, wherever you wave. Your message is paramount and endless, whether pictured in schoolbooks or flying above America's monuments.

My devotion to you is steadfast and grows as the years pass. I hope and pray you will be there for my grandchildren.

I have visited far corners of the world and never witnessed a more radiant vision than you, waving gallantly under the heavens.

It is an honor growing up with you.

ACCESS. P.O. Box 3097, Jersey City, NJ 07302

THE VETERAN'S ADMINISTRATION is seeking out mentally ill and homeless veterans for evaluation and treatment. The program is being run from VA Centers.

GREYHOUND HELPING HAND SERVICE

GREYHOUND HAS A NEW FEATURE. A DISABLED PERSON AND A COMPANION CAN TRAVEL TOGETHER FOR THE PRICE OF ONE. TO QUALIFY FOR THIS NEW SERVICE A DISABLED INDIVIDUAL MUST PRESENT A WRITTEN STATEMENT FROM HIS OR HER DOCTOR CONFIRMING THAT THE COMPANION IS NEEDED FOR PHYSICAL ASSISTANCE IN BUS TRAVEL. THE DISABLED PERSON AND THE COMPANION TRAVEL TOGHETHER ON A SINGLE ADULT FARE TICKET. THE COMPANION ASSISTS THE DISABLED TRAVELER EN ROUTE AND IN BOARDING AND ARRIVING. HELPING HAND SERVICE APPLIES TO ALL ADULT FARES INCLUDING THE "AMERICAN", REGISTERED TRADEMARK ALLOWING UNLIMITED TRAVEL OVER ALL GREYHOUND ROUTES.

IN ADDITION TO TWO PIECES OF LUGGAGE FOR EACH TRAVELER, GREYHOUND CARRIES WITHOUT COST, NON MOTORIZED WHEELCHAIRS AND CERTAIN OTHER AIDS AND DEVICES.

FOR MORE INFORMATION, CONTACT YOUR LOCAL GREYHOUND TERMINAL AND ASK FOR "HELPING HAND SERVICE."

Jersey City Coalition For Fair Taxation

P.O. Box 13013 • Jersey City, New Jersey 07303

MARCH & RALLY ON TAXES

SATURDAY, JUNE 11

MARCH: MEET AT THE HUDSON COUNTY COURTHOUSE, 595 NEWARK AVE, AT 9:45 AM
MARCH DOWN NEWARK AVE. TO CITY HALL.

RALLY: AT CITY HALL AT 11 AM TO 11 45 AM.

It is time to say "no" to runaway local taxes. Many Jersey City homeowners, and tenants in 1-4 family dwellings, stand to lose their homes because of a poor revaluation and runaway local taxes. This threatens a decline in the fortunes of the entire City. If you love Jersey City, join us on June 11th. This is our opportunity to stand together from all across the City and show our elected leaders that we need lower taxes and a fair revaluation. Buses from various points in the City to the Court House and City Hall will be provided. Call 451-8445 for more information.

(Please Post In Your Neighborhood)

What is Lyme Disease?

Lyme disease is a recently described, tick-borne illness caused by a spirochete, a type of bacteria. Lyme disease is now known to occur in the United States, Europe, and Australia, and its geographical range seems to be expanding. In the United States, most Lyme disease cases are found in the northeastern states. In New Jersey, Lyme disease is more common in the southern two-thirds of the State. Although Lyme disease is most frequently diagnosed between May and July, cases have occurred in every month of the year.

What are the signs and symptoms of Lyme disease?

The most common sign of the initial phase of Lyme disease is the characteristic skin rash. The rash first appears as a red, raised area which occurs within several days or weeks after a tick or "insect" bite. The circular or oblong rash may increase in size and develop well-defined margins with central clearing, giving it a characteristic "target" appearance. The rash may be itchy, warm, tender, and/or "doughy." In about one-half of all Lyme disease cases, the rash may be preceded or accompanied by fever, headache, fatigue, malaise, muscle and joint pain, and stiff neck. If not promptly treated, chronic arthritis, heart, and/or nervous system disorders may develop in some patients.

If I think I have Lyme disease, what do I do?

Lyme disease is difficult to diagnose because of the variety of symptoms and the time delay between tick bite and onset of illness. If you have any of the symptoms discussed above and have found a tick attached to your skin or have been in wooded areas where Lyme disease is known to occur, contact your physician immediately. After examining you, your physician may also request a blood test through the State Department of Health. Early discovery of Lyme disease and prompt antibiotic treatment usually prevents the later, more severe health problems.

What are ticks?

Ticks are not insects, but are more closely related to spiders and mites. After the eggs hatch, ticks go through three active life stages – larva, nymph, and adult. Each immature stage (larva and nymph) of the ticks involved in Lyme disease must find a host and take a blood meal to molt to the next stage. As adults, the male attaches but does not feed, while the female needs blood to produce eggs. After feeding, the female drops to the ground and lays several thousands eggs to complete the cycle.

How are ticks involved in Lyme disease?

Ticks are involved in Lyme disease by transmitting the spirochete that causes the disease. When the larva or nymph feeds on an infected animal, the tick picks up the spirochete, carries it through the next stage, and transmits it to the host the next time it feeds. People may get Lyme disease when an infected tick begins to take blood and passes on the spirochete to them. Ticks take time to attach and begin feeding, so frequent self-examination and removal of ticks is useful in preventing the disease.

Do all ticks cause Lyme disease?

Although many kinds (species) of ticks are found in New Jersey, only the Deer Tick *(Ixodes dammini)* and the Lone Star Tick *(Amblyomma americanum)* are known to be involved in Lyme disease transmission, with the Deer Tick being the more important. Female Deer Ticks are about ¼ inch in length and are black and brick red in color. Males are smaller and all black. Lone Star Ticks are larger than Deer Ticks and are chestnut brown in color. The female has a white spot on her back. Nymphs of both species are much smaller than adults, which may account for patients not recalling a tick bite. Larval ticks are even smaller. As research continues, other ticks or insects may be involved in Lyme disease transmission.

Do animals get Lyme disease?

Presently, dogs are known to be affected by Lyme disease. This is important because of the close physical association between many dogs and their owners. In the future, other animals will likely be shown to be affected by Lyme disease.

If bitten by a tick, what do I do?

Using forceps, grasp the tick's mouthparts as close to the skin as possible and apply firm and steady backward pressure. Never try to remove the tick by burning it or smothering it with noxious chemicals. These methods do not work and can cause injury to the skin. After the tick is removed, avoid infection by applying antiseptic to the wound. If you develop symptoms, contact your physician.

Are pesticides effective in controlling ticks?

While some pesticides may be effective in controlling ticks, it is often difficult to get the chemical to the ticks, since both species associated with Lyme disease are normally found in wooded areas. Further, ticks may be abundant in one area, yet scarce or absent in another. In most cases, chemical control should be considered impractical.

How can I avoid being bitten by ticks?

There is no way of totally protecting yourself from tick bites. Persons with outdoor occupations or who engage in outdoor recreation should take special precautions to limit their exposure to ticks. In order to reduce your risk of exposure, you can take the following steps.

1. Check yourself, family members, and pets frequently for ticks. Make an especially thorough examination before going to bed in the evening.
2. Tuck your pants legs into your socks or boots, and keep shirts tucked into your pants. Since ticks have a natural tendency to crawl upwards, these procedures will make it more difficult for the tick to reach your skin.
3. While in tick infested areas, wearing of light colored clothing makes it easier to see the ticks.
4. The use of insect repellents on skin or clothing may be effective in reducing exposure to ticks. Always read product labeling before using the repellent. Clothing repellents should never be used on your skin!
5. Try to stay near the center of trails; avoid walking through the shrub layer of the forest.

What is the New Jersey State Department of Health doing about Lyme disease?

Since Lyme disease was first found in the State in 1978, the New Jersey State Department of Health has conducted research on the epidemiology and ecology of the disease. Lyme disease has been reportable since 1980. Every spring, all physicians in the State are sent a letter from the Health Department describing Lyme disease and other tick-borne illnesses. The New Jersey State Department of Health offers a blood test for Lyme disease through your physician.

Riverview Neighborhood Assoc.

Fourth Annual
Block Long Flea Market

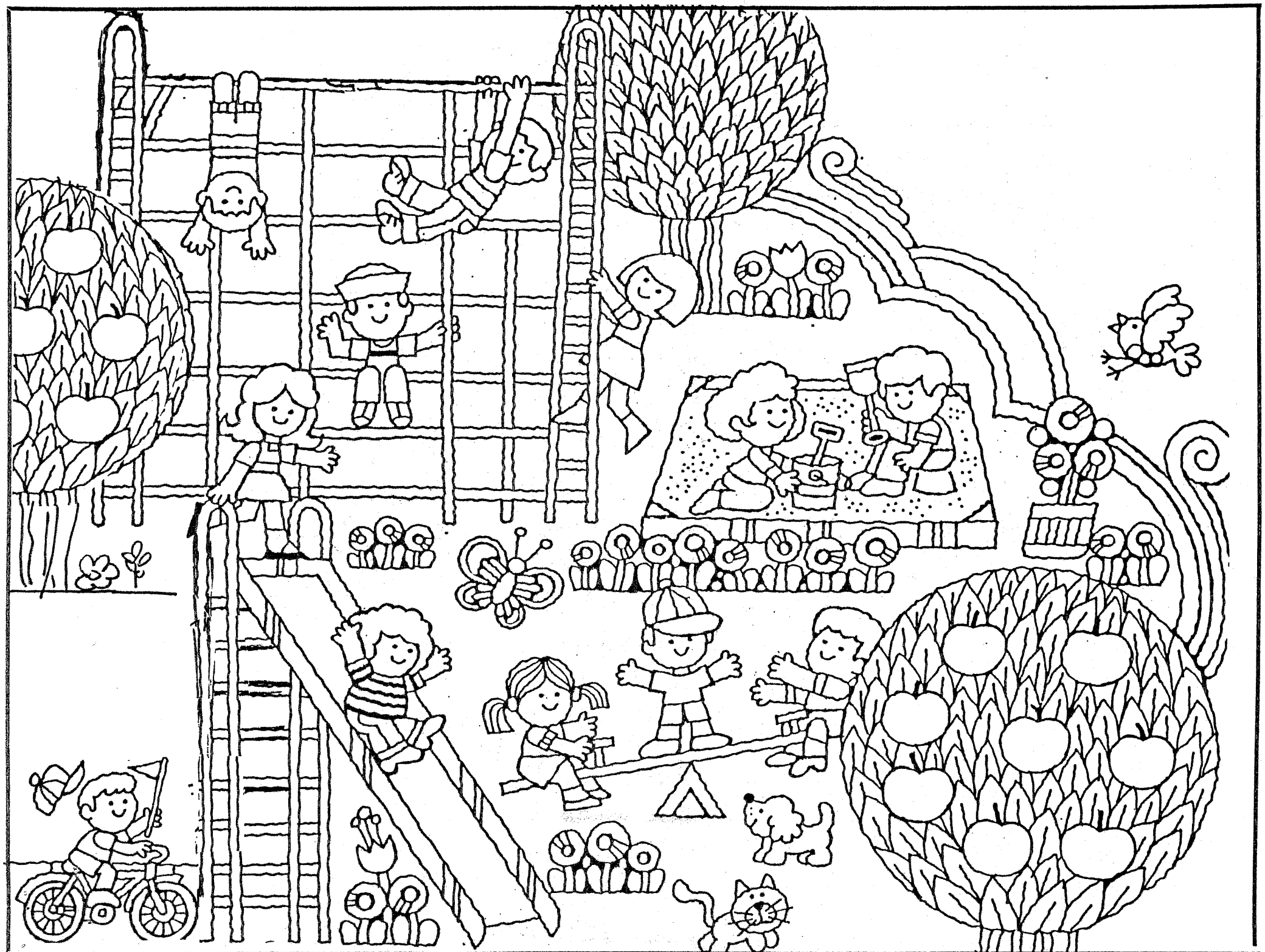
PLACE: Riverview Park
Ogden Ave. between
Griffith St. & Bowers St.

DATE: June 11, 1988

TIME: 9 a.m. to 4 p.m.

GREAT BUYS!!

Refreshments for Sale



FOR A BETTER LIFE IN THE HEIGHTS

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